



Northfield Senior Center Newsletter

JULY 2022

The Northfield Council on Aging provides services to promote healthy aging of Northfield citizens ages sixty and older in Northfield and surrounding communities.

COUNCIL ON AGING STAFF & BOARD MEMBERS

Senior Center /CoA
Director:
Colleen Letourneau, LSW

Program Assistant:
Linda Keech

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Frank Froment
Margaret Livingstone
Tony Stavely
Judie Tate

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(413) 498-2901 x 114

Email:
seniorcenter@northfieldma.gov

Website:
www.northfieldma.gov/seniorcenter

Address:
69 Main Street
Northfield, MA 01360

Meet Your Board Members!

I am Judie Tate, and I was born and raised in Greenfield, MA. After my parents divorced, my brother and I lived with my father. When my dad remarried, we moved to Montague City where I graduated from Turners Falls High School in 1962.

I married my first husband while he was in the Army, living in Colorado Springs and MA. Divorcing after 8 years, we had three children. As a single mom of 3, I raised my children and went to GCC and graduated with an Associate Degree.

Marrying my second husband, Ken, in 1971 - with my three children and his three children, we had our own "Brady Bunch". In 1980 Ken got a job in Orlando, Florida where we moved to. By that time our children were on their own. Ken had a job in Maintenance at Sheraton Twin Towers Hotel across from Universal Studios where he worked until 2000. In August of 2000 he became sick and passed away on October 27, 2000. We had been married 29 years. He was a wonderful man!

Moving back here in 2003, I had my children and seven Grandchildren to enjoy. I now have 4 Great Grandsons and have just recently lost my only Great Granddaughter. She was born on November 9, 2021, with a hole in her heart and her aortic valve was not complete and not functioning.

Autumn Rae had her first surgery when she was a week old. She did fine after surgery and grew to be a beautiful 6 ½ month old little girl. She was always smiling and gave everyone so much joy. She went in for her second surgery on May 26, 2022. Although she went through surgery fine again, when they were taking her off the machines, she sustained an injury to her little brain causing her to pass away on May 29, 2022, from massive brain damage.

Although she only lived a short time, her little life did so much good through all the lives that have been mended, with many growing in their faith. God had a plan for her short life. We don't understand why, but I just want to say I am so proud of her parents Dillon and Emily for the way they are coping. This has been a good lesson for me, and I want to serve others and grow with this faith.

Judie Tate



"Happy Feet" Walking groups

Walk # 1: Monday July 11th, 2022 @ 9:30 am – Meet at the Turners Falls Canal Trail. Take Ave. A to 11th St. and park in the lot before the Patch bridge on the right. We will walk the wide and flat paved pathway on the opposite side of the Cabot station walkway.

**Seniors with a walker or wheelchair and who have a caregiver, friend, or family member to assist them, are encouraged to attend. Dogs on leashes are welcome.*

Walk # 2: Monday, July 25th @ 9:30 am Meet at the parking lot behind the Dickinson Memorial Library 115 Main St. Northfield MA. and we will walk the trails with leader Howard Hastings.

Wear bug / tic repellent.

This walk has uneven surfaces

Dogs on leashes are welcome.

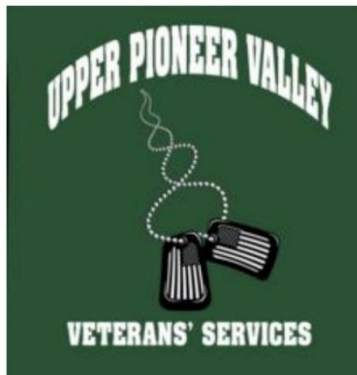


In the event of steady rain, the walks will be canceled.

Our walk on Old Vernon Road last month did not disappoint. Here's the blue heron's nest complete with three babies and one parent. Picture compliments of Carol Pike.



Veterans' Agent Hours



As a member of the Upper Pioneer Valley Veterans' Services District, Northfield will now have a veterans' agent conducting outreach hours at the Northfield Senior Center.

The veteran's agent will hold hours the **Fourth Tuesday of every month from 9:00 A.M. to -11:00 A.M.** They will provide information on veterans' benefits for veterans and their dependents and schedule one on one appointments as needed. Next offering is **July 26th**.

Please call the Veterans' Services office at 1-413-772-1571 for more information or the Northfield Senior Center Director at 1-413-498-2901 X 114 to speak with Colleen Letourneau.

JULY Backdoor Take and Go Lunch!

*Creamy Turkey Rice Soup, mixed greens salad plus a Roll
Blueberry Pie Bar for dessert*

Friday, July 22, 2022 @ 11:30 am

Available for pickup at the Senior Center Kitchen Back Door.

Suggested Donation of \$5 per meal is appreciated to help cover our costs
Reservations MUST be made by calling the Senior Center at 413-498-2901x114
or emailing seniorcenter@northfieldma.gov By Monday, July 18th!



Brown Bag Program Accepting Applications! If you are having trouble keeping enough food on your table and would like some help, please contact the COA at: 413-498-2901x114 or email seniorcenter@northfieldma.gov for instructions on how to apply for monthly distribution of extra food (limited income service program). **Pick up is available on the FIRST THURSDAY of every month.**



*** Free monthly community meals sponsored by the Franklin County Community Meals Program (FCCMP). Available every month on the 4th Thursday from 5-6pm for takeout at the Trinitarian Congregational Church (147 Main Street, Northfield).**

***RSVP the week before by calling: 413-376-8410 or online at fccmp.org/rsvp.**

Food Pantry is open at the Dickinson Memorial Library, 115 Main St in Northfield on the 2nd and 4th SATURDAY of each month, between 10:00 am-1:00 pm. Please Follow COVID-19 Posted Rules.



The **Supplemental Nutrition Assistance Program (SNAP)**, formerly known as the Food Stamp Program, helps you stretch your food dollar and buy nutritious foods. Single people, families, the elderly, working couples – all types of people receive SNAP benefits. Eligibility is based primarily on household income and certain expenses. To find out if you're eligible and to **apply CALL The Food Bank of Western Massachusetts – SNAP Department at 413-992-6204** for more information.

LOAVES & FISHES

Administered by the TCC Mission Committee, this Emergency Food Project assures applicants of confidentiality. This local non-profit also has funding available to assist with paying a portion of utilities and essential bills for those who have been furloughed, laid off or simply need emergency assistance.

Call Cathy Hawkins Harrison a 413-498-2038 for more information.





Monday	Tuesday	Wednesday	Thursday	Friday
				1 Senior Center & Town Hall closed on Fridays
4 Senior Center & Town Hall closed in observance of July 4th 	5 Foot & Blood Pressure Clinic By appointment only 1:00 – 4:00 PM Samba card game	6 9:00 AM BRIDGE 10:30 AM Healthy Bones and Balance Class via zoom! 12:30 – 2:30 PM NURSES available (see newsletter)	7 9:30 AM Yoga (Libby) Zoom and in person @ Town Hall BROWN BAG pickup @ 11:30 am	8 Senior Center & Town Hall closed on Fridays
11 "Happy Feet" 9:30am (meet at-see newsletter) RSVP deadline for Art Class on 7/20 1:00-4PM Bridge	12 10:00-11:00 AM * Special speaker - Attorney Matthew Erskine regarding Long Term Care Estate Planning (see newsletter) * 1:00 – 4:00 PM Samba card game	13 9:00 AM BRIDGE 10:30 AM Healthy Bones and Balance class * New zoom and in-person @ the Town Hall. *NEW 1:00 PM *LIVE MUSIC with the Farley String Band in the Pavilion	14 9:30 AM Yoga (Libby) Zoom and in person @ Town Hall 10AM-Noon Internet Café  12:30 PM – TED TALKS (see newsletter) 1:00 PM Knitting Group open to all	15 Senior Center & Town Hall closed on Fridays
18 10:00 AM - Noon Drop-in Coffee time & knitting (see newsletter) Last day to order take and go lunch 1:00-4PM Bridge	19 Foot & Blood Pressure Clinic by appointment only. 1:00 PM CoA Board Meeting 1:00 – 4:00 PM Samba card game	20 9:00 AM BRIDGE 10:30 AM Healthy Bones and Balance via Zoom Class! 1:00 PM -CYANOTYPES *NEW ART CLASS RSVP by 7/11/22 (see newsletter for details, RSVP needed)	21 9:30 AM Yoga (Libby) Zoom and in person @ Town Hall	22 11:30 AM Take & Go Lunch pick up *Senior Center OPEN until 1PM
25 "Happy Feet" 9:30 AM (meet at - see newsletter) 1:00 -4 PM Bridge	26 9:00-11:00 AM Veteran Services with Brian Brooks (see Newsletter) 1:00 – 4:00 PM Samba card game	27 9:00 AM BRIDGE 10:30 AM Healthy Bones and Balance Zoom Class via zoom!	28 9:30 AM Yoga (Libby) Zoom and in person @ Town Hall 1:00 PM Knitting Group open to all FCCMP free Meal (see newsletter)	29 Senior Center & Town Hall closed on Fridays 5:00 - 9:30PM Big Yellow Taxi Concert/ Food (see newsletter)



NEW - Long-Term Care Estate Planning

Special Speaker/ Coffee hour

Tuesday, July 12th

Starting at 10:00 am

Outside in the Pavillion at the Town Hall



Attorney Matthew Erskine will speak about **long-term care estate planning** as an expert and 4th generation Attorney specializing in Elder Law. Come prepared with 2-3 questions written down on paper for him and he will answer them during his presentation.

Coffee/snacks will be provided. Weather permitting this speaking engagement will be held in the pavilion. If the weather is bad, we will meet inside the senior center while wearing masks.

Check out his column online at Forbes Magazine:

<https://www.forbes.com/sites/mattheerskine/#2c5f3d86ebd>

Attorney Matthew Erskine www.erskineco.com The Erskine Company LLC
Erskine & Erskine LLC, 324 Grove Street, First Floor, Worcester, MA. 01605

SPECIAL – LIVE MUSIC in the PAVILION

Wednesday, July 13th at 1:00 pm

“The Farley String Band consists of 8 local musicians playing traditional folk and fiddle tunes, many originating in America, Ireland and Scotland. The instruments include violin, guitar, banjo, hammered dulcimer, accordion, Flute and bodhran.”



Drop-in Coffee & Conversation

MONDAY - July 18th

10:00 am - 12:00 pm

Puzzles, bring your knitting projects, pick out a game or play cards, join our knitters and enjoy coffee-tea-hot chocolate,cold beverages and snacks. If it is a nice day we could go sit in the pavilion behind the Town Hall.

Neighbors at Home

Call in your service requests

Contact: nfldneighbors@gmail.com or **413-225-1029** or
www.neighborsathome.org.

As of July 1, 2022 member fees will be \$60 for an individual and \$90 for a household.



60+ YOGA < In-Person & Via Zoom

Thursdays 9:30 - 10:30 am

Northfield Town Hall, 69 Main Street, Northfield, MA

... Masks optional. Advance registration* required.



Join us either in person **OR** from the comfort of your home and explore how the tools of yoga can help you move with more ease, balance with greater confidence, breathe more deeply, think more clearly, and sleep more soundly. Based on the gentle **Viniyoga™** approach, this class is accessible to people with any amount of flexibility and yoga experience. We'll be working in and around a chair: standing is optional. Alternatives are offered for anyone who prefers to remain seated. *Beginners welcome!*

Open to anyone 60+ living in Northfield and surrounding towns. *Funded by a combination of state and federal grants administered by Lifepath, Inc. and the Town of Northfield, MA.*

Donations appreciated but not required. *If you'd like to donate, please make checks payable to the "Northfield Council on Aging", write "Exercise Fund/60+ Yoga" on the Memo line, and mail to Northfield Senior Center, 69 Main Street, Northfield, MA 01360. Donations ensure the continuation of this valuable program.*

***New students** must register in advance and complete a Waiver prior to attending first class. **To register/ for more info:** call or text 413-834-4524 or email libby@yogalibre.net.



Healthy Bones and Balance Classes

Every Wednesday starting at 10:30 AM via Zoom!

NEW TRIAL OF A HYBRID CLASS ON 7/13/22

All Are Welcome

- ✓ COVID Safe – Comfort of your own home via zoom invitation
- ✓ Low Impact (provide your own sturdy chair)
- ✓ Focused on Improving Balance and Core Strength
- ✓ Adaptive (“weights” = canned goods; “exercise balls” = rolled socks)
- ✓ FREE TUITION – Thanks to a partnership with RSVP (Retired Senior Volunteer Program)!!

Reserve your spot by calling or emailing the Senior Center at (413) 498-2901 x 114

seniorcenter@northfieldma.gov



Life Path is continuing to assist folks with Medicare questions by calling LifePath's main number (413) 773-5555 ask for **SHINE**.

SHINE - Servicing the Health Insurance Needs of Everyone



Public Health
Prevent. Promote. Protect.
Cooperative Public Health Service
Franklin Regional Council of Governments

Drop-In Nursing Hours July 6, 2022, 12:30-2:30 PM

Public health nurses will be available monthly on the first Wednesday of the month at the Senior Center from 12:30 to 2:30 PM.

Everyone is welcome, no appointment needed for Drop-In Nursing. Confidential services available at walk-in wellness times include blood pressure, blood glucose checks, support with managing chronic health conditions and self-management of medications, sharps disposal and container exchange.

This nursing service is provided each month by nurses **Meg Ryan** or **Lisa White** from the **Cooperative Public Health Service of the Franklin Regional Council of Governments**. For more information, contact Meg Ryan, RN at mryan@frcog.org, 413 774-3167 x 158, or Lisa White, RN, lwhite@frcog.org, 413 665-1400 x 114. Come and say hello!

An Up-to-date list of local places to get a COVID test or vaccine in Franklin County can be found at <https://frcog.org/covid>.



Foot and Blood Pressure Clinics



Foot Clinic open for LIMITED in person appointments!

2 Clinics this month: July 5th & July 19th

Please call for dates and availability 413-498-2186 or 413-498-2901, ext. 114.

Foot Clinics are two Tuesdays every month! Nail trimming, simple consultations, will trim fingernails too. Blood pressures by request. By appointment, please call for availability. Dates are posted on the monthly calendar. Mask required. **Service is free; donations appreciated for supplies and for Council on Aging programs.** (Slots fill up fast)

ENERGY Tip for July –

☀️ If you do use a dryer, use dryer balls for more efficient drying. Dryer sheets and fabric softeners have harmful ingredients that adhere to clothing, coat the inside of your dryer, attach to your skin and vent into the air. There are some toxin free products; check the labels. Don't forget to really clean your lint screen every time and clean your dryer vent as it can be a fire hazard. Your dryer will also be more efficient when well cleaned. ☀️

Virginia "Jinx" Hastings



New Cyanotypes Art Class

Wednesday, July 20th

1:00 pm

In the Pavilion behind the Town Hall

RSVP by Monday July 11th to reserve your spot.

Call 413-498-2901 x 114 or x 123

Come join our Art class by retired art teacher Ginny Rockwood. Cost is \$5.00 per person for materials with a minimum of 4 people and maximum of 10 people.

Cyanotypes are a type of photography where the sun develops the image. Bring dried flowers, grasses, leaves, pebbles, old Jewelry, lace anything that can cast a shadow.

If there is no sun that day the alternate activity will be Suminagashi which is a Japanese type of paper marbling.

CARD GAMES

NEW!!! SAMBA –

Every Tuesday each month 1:00 – 4:00 pm

A variant of Canasta, you're invited to observe and learn from an experienced group of players. New groups can form when more participants are interested.



Ongoing! Bridge –

Every Monday afternoon 1:00- 4:00 pm and Wednesday morning 9:00am – Noon. New participants always welcome to come and learn.



Knitters and Crochetées!

2nd & 4th Thursday each month @ 1:00 – 2:00 PM and at coffees

THIS MONTH:

July 14th @ 1:00 PM

July 28th @ 1:00 PM



The Northfield Senior Center Knitters (aka Happy Fingers) are planning to spend the next two- or three-months knitting hats for the **Warm the Children** program. Please consider joining us the second and fourth Thursday of every month, from 1:00 to 2:00 PM. Yarn and hat patterns will be available, but if you have a favorite pattern, please feel free to bring it along. If you cannot attend in person, but would still like to knit hats, please contact Betty Whitcomb at l.enfantd.hiver@gmail.com.

Please note that on the second Thursday of each month, the Senior Center airs TED talks starting at 12:30. Knitters are welcome to attend the TED talks, but there will be no knitting related discussion until 1:00.

BIG YELLOW TAXI CONCERT

Songs of Joni Mitchell and the 70's

Brought to you by The Northfield Golf Course and The Friends of the Northfield Seniors.

Friday, July 29th, 2022

Northfield Golf Course Event Tent

Food 5:00 – 6:30 Band 6:30 – 9:30

\$2.00/Person, \$5.00/Family

Door Prizes

Corn hole, Lemonade, and Popcorn for the kiddos of all ages.



6 VIP Tables can be reserved for \$25.00/table. Each table seats 8, with hors d'oeuvres and guaranteed seating. **VIP TABLES ARE SOLD OUT sorry !!!**

To reserve early, email SeniorCenter@northfieldma.gov

Make checks out to: Friends of The Northfield Seniors

and send to:

The Senior Center, 69 Main St. Northfield MA 0 1360

Come one, come all, bring your dancing shoes. Rain or Shine!

<https://www.bigyellowtaxitheband.com/>

FRIENDS of Northfield Seniors, Inc: The "Friends" members assist in funding of programs and activities that are conducted or sponsored by the Northfield Council on Aging to benefit the well-being and dignity of Northfield Seniors.

Wait until you see this summer's concert series line up !

Friends is actively seeking additional Directors to join them contact the Senior Center

TED TALKS

hosted by

American House Senior Living Communities Keene N.H.



Thursday, July 14, 2022 @ 12:30 PM

"Buildings for Change

1. Justin Davidson: Why glass towers are bad for city life – and what we need instead.
2. Debora Mesa Molina: Stunning buildings made from raw, imperfect materials.

Interesting and informative short films on a variety of subjects, in 2022 Ted Talks now comes to you the 2nd Thursday of the month 12:30 – 1:00 PM.

- If interested in receiving the zoom link then email : keeneassistant@americanhouse.com

OR better yet,

Come to the Senior Center and watch Ted Talks with us on our flat screen TV.



Continuing ** INTERNET CAFÉ ** Continuing

Thursday, July 14th

10:00 AM – Noon

Free Wi-Fi

RSVP (413-498-2901 X 114) for instructions on using our iPads. The four iPads that we have are also available for short-term loans, after completing an application. iPads were purchased through a grant from Life Path.

OR

DROP IN Bringing your own tech devices (laptops, tablets, smartphones).

Linda Keech & Carol Pike will be on hand for Senior Center iPad instructions or assistance with using your personal tech devices.



Franklin Regional Transit Authority

FRTA

Senior Van support

Call the VAN SERVICE! (413)768-1824

48 Hours Notice – Leave a MESSAGE with a call back number.

Safe! Easy! Affordable!

Vans are Sanitized and Accessible!

MASKS REQUIRED

**Medical Appointments
Hairdresser**

**Groceries
Bank**

**Pharmacy
Coffee**



Sheila A. Newton

November 12, 1937 – June 3, 2022

The Northfield Council on Aging is always open for additional Board members. If you or someone you know is interested, please call Colleen Letourneau (Director) at 413-498-2901 ext. 114.